Finding a Therapist with Medicaid Insurance

Medicaid covers mental health services such as therapy! One of the most convenient ways to find a therapist is through searching which therapists are accepting Medicaid (or any other insurance) online!

01/ Using online therapist databases to help find an in-network therapist

The following websites (out of so many other websites) have built-in filters for you to choose which insurance you have, then it will generate in-network therapists who accept Medicaid, which means they are mental health professionals who can offer you therapy at a low-cost (your copay can range from $0-$75)!!

- Psychology Today
- Headway
- Zen Care

02/ A simple 3-step guide on how to find a local therapist on Psychology Today

Step 1: Search the following keywords on Google

Google: psychology today therapist who accept Medicaid near Durham NC

Note: Including your location to search for therapist allows for in-person and virtual therapy options. If virtual therapy is what you would like at the moment, feel free to leave out your location and search “NC”, or “North Carolina”. Doing this, Google will show you more therapists from farther away but still takes Medicaid North Carolina.

Step 2: Locate this destination on Psychology Today

Psychology Today
https://www.psychologytoday.com/therapists/durham

Medicaid Therapists in Durham County, NC

Step 3: Customize your therapy experience using these following filters and select your therapist!

- Psychology
- Headway
- Zen Care

Note: Here is another article from NPR on how to find a therapist 😊

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